

WHAT ARE

KIDS/TEENS CLASSES?

Kids and Teens Classes are a fun introduction to yoga consisting of basic asanas

(postures). Classes

incorporate stories and

discussions of issues relevant to contemporary youth that draw from yogic tradition.

No prior knowledge of yoga necessary.

All levels are welcome!

COST OF CLASSES

\$200 for a semester
(Either Fall/Winter or
Spring/Summer)

\$65 for a 5-class pack
7-week limit

\$15 for a single class

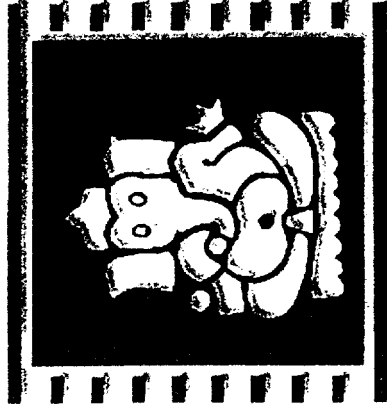
CLASSES TAUGHT BY JULIE KIRKPATRICK

Julie has been teaching children in elementary schools for 11 years where she worked with children of all ages. Prior to that, she taught in nursery schools, where she worked with preschoolers ages 2 years to 4 years of age. She has been a student of Jivamukti Yoga for 14 years.

KIDS & TEENS CLASSES

at Jivamukti Yoga
Center

Fall/Winter 2002
Spring/Summer 2003



404 Lafayette St., 3rd Floor
New York, NY 10003
(212) 353-0214

TEENS CLASSES

Ages 10 and up
Monday
4:15pm to 5:15pm

Fall/Winter Classes

September 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16
**No class Dec. 23
January 7, 14, 21, 28

Spring/Summer Classes

February 4, 11, 25
**No class Feb. 18
March 4, 11, 18, 25
April 1, 8, 15, 22, 29
May 6, 13, 20, 27
June 3, 10, 17, 24

KIDS CLASSES

Ages 7 to 10
Tuesday
4:15pm to 5:15pm

Fall/Winter Classes

September 10, 17, 24
October 1, 8, 15, 22, 29
November 5, 12, 19, 26
December 3, 10, 17
**No class Dec. 24
January 7, 14, 21, 28

Spring/Summer Classes

February 4, 11, 25
**No class Feb. 18
March 4, 11, 18, 25
April 1, 8, 15, 22, 29
May 6, 13, 20, 27
June 3, 10, 17, 24

KIDS CLASSES

Ages 4 to 7
Wednesday
4:15pm to 5:15pm

Fall/Winter Classes

September 12, 19, 26
October 3, 10, 17 24, 31
November 7, 14, 21
**No class Nov. 25
December 5, 12, 19
**No class Dec. 25
January 2, 9, 16, 23, 30

Spring/Summer Classes

February 6, 13, 27
March 6, 13, 20, 27
April 3, 10, 17, 24
May 1, 8, 15, 22, 29
June 5, 12, 19, 26